

MAJOR DEFINITE PURPOSE

*To Use My Talents and Skills to gain Financial Freedom so as to
Inspire People to Lead a Loving Life for a Better World*

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MY LIFE PLAN

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MISSION STATEMENT

*I am outstanding personally and professionally, warm, loving,
compassionate, sincere, forgiving, and very knowledgeable. I am honest,
friendly, generous, patient, reliable, and punctual. I am positive,
empathic, happy, fully engaged with life and a pleasure to deal with.*

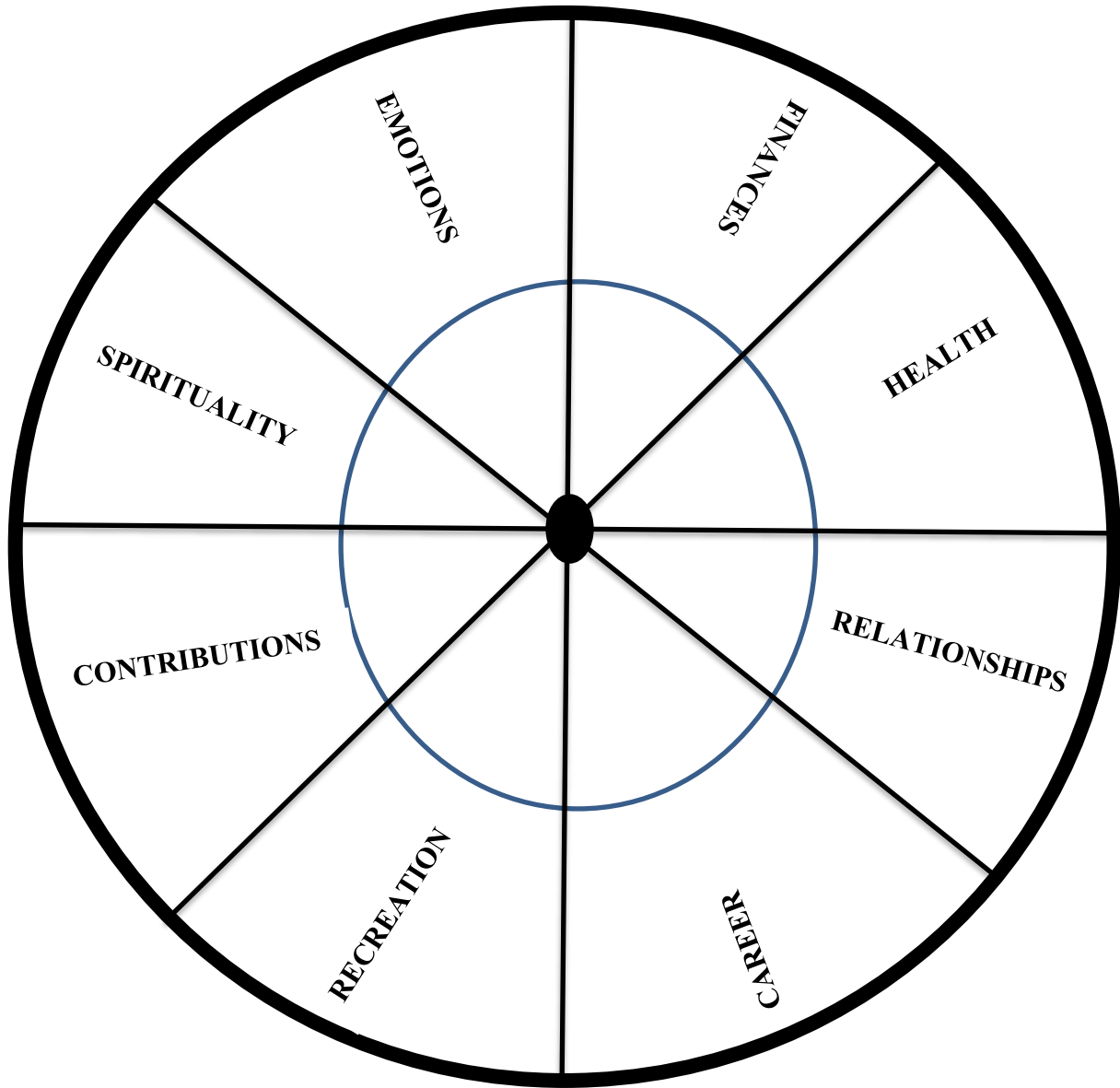
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PROF. SALAH A. MARTIN

No	GOALS	VISION	PURPOSE	TIMELINE
1	PEACE OF MIND	1. My highest Goal	To have inner peace and fulfilment.	Life Time Overarching Goal.
		2. Central Organizing Principle of my life	To achieve happiness, joy, contentment and personal wellbeing.	This is where all my other goals are subservient
		3. Accept Full Responsibility for everything that happens in my life	To free myself from negative emotions and take charge of my life	Life Time Goal at any time I am tempted to be angry
2	FINANCIAL FREEDOM	1. Pay myself first 250,000 frs. from the top of every monthly salary	Financial accumulation for Financial Security	First week of every month
		2. Save 4,000,000 frs.	Financial accumulation for Financial Independence	Annually for the next 5 years.
		3. Raise 50,000,000 frs.	Enough money never to worry about money again and have `Financial Freedom	June 2032
3	ACCOMMODATION AND LOGISTICS	1. House in the village	Initially planned as a home then a guest house and finally will end up as a business premises	Started in 2005 and on-going
		2. Compound in the Village	Main Resident and my permanent Resting Ground	Started in 2015 and on-going
		3. House in Douala	Transitional home and holiday residence	Bought in 2003, under renovations
		4. House in Mile 4	Family town House	2011 (On Standby)
		5. House in Mile 5	Bamenda Residence	2025 (Ongoing)
		6. A 4X4 RAV4	Mobility in bad Roads	2024(Achieved:21/09/23)
4	HEALTH, ENERGY AND FITNESS	1. Eat quality and quantity natural food 3 times a day and last meal at least 3 hrs before sleep	For optimal digestion and absorption activities	Life Time Goal
		2. No sugar consumption instead use honey for sweetening	To prevent Diabetes	
		3. Low level salt and Maggie intake in prepared food	To Prevent hypertension, cardiovascular disorders	
		4. No pepper intake in food	To prevent ulcers, heartburns, diarrhea and anal irritation	
		5. Drink at least 2 litres of water per day	For Normal Homeostatic Physiological Functioning	
		6. Drink alcohol with moderation	For socialization and digestion	
		7. (Only beer and never wine or whisky).	To avoid personality problems, antisocial behaviour and traffic accidents and complete memory loss.	
		8. No Smoking	To prevent smoke related diseases	
		9. Wear a seatbelt whenever driving	Security in case of car crash	

No	GOALS	VISION	PURPOSE	TIMELINE
	HEALTH, ENERGY AND FITNESS (Continue)	10. Take at least 8 hours of quality sleep each day with a 30 minutes siesta at noon if possible	To refresh and rejuvenate the systems and allow mental and emotional recovery	Life Time Goal
		11. Walk at least 2 km a day during office activities and physical labour during non office activities	To enjoy perfect health which is a deficiency need based value and preserve energy for optimal living in perfect fitness for a long and healthy life.	
		12. Conscious and diaphragmatic Meditated Breathing	For Ventilation Efficiency	
		13. Physical Body Care and Personal Hygiene	To be attractive and have a feel good attitude	
5	LOVING RELATIONSHIPS	1. Get along well with family members, friends and everybody else.	To enjoy the 85% of my happiness that is from human relationships	Life Time Goal
		2. Let relationships be filled with laughter.	To be happy, contented and fulfilled and have long life.	
		3. Never hesitate to apologize in case of misunderstanding	To have a positive mental attitude and optimistic approach to life	
6	PERSONAL DEVELOPMENT	1. Clear Sense of Direction	Realization of worthy goals and ideals	Life Time Goal
		2. Read at least 2 hours each day	Self-knowledge , Self-awareness and Self-actualization	
7	CAREER DEVELOPMENT	1. Prepare for financial Freedom	Freedom for Retirement without constraints	June 2032
		2. Change Grade (Promotion)	From Lecturer to Associate Professor	2023(Achieved:20/12/24)
		3. Change Office (Appointment)	To leave the Internship office in HICM and Return to my domain	2023(Achieved:20/10/22)
8	RECREATION, SOCIALS AND FUN TIME	1. Never Neglect fun time	Personal Happiness	Life Time Goal
		2. Attend Meetings, Weddings, Funerals etc.	For Socialization with people	
		3. Take Vacations and Holidays	For Refreshment and Recreation	
9	COMMUNITY INVOLVEMENT AND CONTRIBUTIONS	1. Bless others Financially and Materially	Personal Fulfilment and touch the hearts of people positively	Life Time Goal
		2. Take an active part in Community Development	To inspire people to lead a loving life for a better world and leave a Lasting Legacy	
10	SPIRITUALITY	1. Go to Church Occasionally	Religious Socialization	Life Time Goal
		2. Practice Forgiveness	To get over and get on with my life	
		3. Follow Salvation doctrine	For a peaceful world	
		4. Daily five Minutes Meditation	For Mind Mastery and Subconscious Awakening	
		5. Connect With Nature	To Explore infinite Intelligence	Once a Week

MY WHEEL OF LIFE



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